

# Be a Health Hero

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King County employees love to hear about the successes of their co-workers. And we love nothing more than sharing them. The Health Matters team is looking for employee and spartner (spouse/domestic partner) stories. Our surveys tell us that these stories inspire other employees and spartners to make changes, and help employees feel supported at work. We share these stories on our web site and in the Health Matters newsletter.

Tell us your story, or if you work with someone inspiring, nominate him/her.

This nomination is:                      My personal story                      Me nominating a coworker

Name of Health Hero

Name of person submitting story (if different)

Work location of Hero

Contact info for Hero and submitter (if different)

This story relates to (check all that apply):

Eating Smart

Moving More

Quitting Tobacco use

Stressing Less

Using Making Life Easier

Making healthy changes at work

as part of a workgroup

as a manager

as an employee

Making healthy changes at home

with my family

Choosing Well – using health benefits to save money or get quality care

Disease management – actively engaging in managing a chronic condition in a healthy way.

In short, my story is:

Email this form to: [FocusOnEmployees@kingcounty.gov](mailto:FocusOnEmployees@kingcounty.gov)